



# SUTURE

**“BINDING SURGEONS TOGETHER”**

**THE NEWSLETTER OF THE COLLEGE OF SURGEONS OF SRI LANKA**  
**AUGUST 2010**

## PRESIDENT'S MESSAGE

*Dear Colleagues,*

### **With the dawn of 2010 our College steps into another decade!**

The Theme for the year is chosen appropriately “2010 on..... a Decade for Comprehensive Emergency Care” a reminder that we at the college need to concentrate towards achieving better emergency care keeping in par with the rest of the world. The concept of emergency care is widely recognized throughout the world which encompasses injuries, acute care surgery and other medical emergencies. New specialities are being developed revolving around this.

Many of us have taken a great effort to train those who are dealing with emergencies especially trauma. The basic training has been well established and the programmes will be continued to cater to those who need it.

Surgical training has taken a new dimension globally which emphasises the training in General surgery with additional training in the area of special interest. This change is expected to provide a better surgical service for countries like ours. General Surgery with special interest in Trauma is one of them. Undoubtedly, this will bring about a reduced mortality and morbidity in trauma care.

In the effort to improve various aspects of trauma care in the country, a Quality Improvement programme is scheduled in the near future.

Under the same theme, the college will assist improvement of the facilities of Emergency Care and locations will be identified with the help of our members working in peripheries.

The College continues to take steps to improve the knowledge of our trainees conducting various programmes and now facilitates to conduct MRCS of two colleges of UK. For the first time there was an orientation course conducted by one of the Royal Colleges of UK for our candidates. We encourage our trainees to sit for the MRCS as possession of this added qualification will help them in their postgraduate training appointments in UK. A year old, the SETS program will continue, and it has attracted a large number of surgical trainees.

Thank you

**Dr Ranjith Ellawala**

President, The College of Surgeons of Sri Lanka

New domain of The College of Surgeons of Sri Lanka website  
**[www.lankasurgeons.org](http://www.lankasurgeons.org)**

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The recently concluded Joint Annual Scientific Sessions was resounding success. There were symposia and plenary lectures to cover almost all disciplines in surgery. Professor Mohan De Silva Delivered the prestigious Professor RA Navaratne oration.

The intercollegiate MRCS examination will be held twice a year from 2010. The Royal College of Surgeons of Edinburgh conducted their MRCS examination 6th—11th September 2010 at the Faculty of Medicine, Ragama and the North Colombo Teaching Hospital Ragama. The examination was followed by a workshop for the surgical trainers. The workshop was coordinated by Professor Mohan De Silva and Professor Christopher Buslrode, Professor in orthopaedic Surgery, University of Oxford, UK.

The monthly clinical scenario based Surgical education and Training Sessions (SETS) has completed its first year.

**Ruwan Wijesuriya**  
Editor—'SUTURE'

## Joint Scientific Sessions on Comprehensive Emergency Care – Jaffna 2010

The Scientific sessions held jointly by the College of Surgeons of Sri Lanka and the Jaffna Medical Association was held on the 27th and 28th of March, 2010 at the University of Jaffna. These sessions were titled 'Comprehensive Emergency Care' and were held in collaboration with the World Health Organisation, the Ministry of Health and Nutrition and Medical Teams International.

There were four parallel sessions on the first day with Primary Trauma Care (PTC), and Advanced Life Support (ALS) workshops, a Lecture series on emergencies for medical students and an emergency and rehabilitation workshop for allied health staff being conducted simultaneously. The delegates numbered approximately 425 with 110 doctors, 85 allied health staff and 230 medical students participating. The Advanced Life Support (ALS) workshop and the lecture series for students were continued on the next day.

The Jaffna Medical Association along with the Medical Students of the University of Jaffna organised a cultural event on Saturday evening which was attended by the Chancellor and Vice-Chancellor of the University of Jaffna. The enthusiasm shown by the students and the delegates was emphatic and the team of 32, comprising of College members, anaesthetists, an occupational therapist and a stoma care nurse, was made to feel very welcome throughout their stay.



**Team arrives in Jaffna**



**Inauguration**





Session on CPR



Session in progress



The team



## Hands On Laparoscopic Training (HOLT)

Minimal Access Surgery has been firmly established as a leading and a definitive branch of surgery throughout the world over the last two decades. The first ever laparoscopic cholecystectomy in Sri Lanka was performed on the 10th June 1992 at the North Colombo Medical College. Following this landmark event, laparoscopic surgery is now well established in the private sector as well as in public hospitals in Sri Lanka. However we haven't had a regular training programme in laparoscopic surgery for our surgical trainees.

I have always felt that it is the responsibility of the College of Surgeons of Sri Lanka to provide surgical trainees and practising surgeons an opportunity to learn the fundamentals of laparoscopic surgery to test and develop their cognitive and technical skills, all with the goal of improving the quality of patient care. When late Nora and Noel Bartholomeusz donated their home to the College we all felt that this premises should be developed as a future surgical training centre making it a focal point of Sri Lankan surgery. We had few more hurdles in front of us due to lack of funds and building space. During this period the Department of Health entrusted the College to execute the surgical component of the Health Sector Development Project (HSDP) in the Uva and Southern provinces. In this pilot project, the College had to conduct laparoscopic training workshops to train medical officers working in these regional hospitals. This task was delegated to me by the Council of the College of Surgeons. I knew if we were to buy training equipment from abroad, the funding we had was not adequate.

Then I locally developed "home grown" laparoscopic simulators at low cost which are functionally comparable to expensive simulators and they are in use now. I have made ten such simulators to train 20 trainees at any given time. In September 2009, the College conducted two laparoscopic training workshops in Monaragala and Hambantota very successfully.

We started our Hands on Laparoscopic Training (HOLT) Programme in March 2010. Due to lack of diathermy machines, we have limited the number of trainees to four in each session. We are very lucky to have unlimited supply of animal tissues from Keells for our workshops. So far we have conducted weekend training sessions very successfully and the trainees are very happy with the training they receive. We have dedicated this program to the late Dr Noel Bartholomeusz and named the centre as Bartholomeusz Laparoscopic Training Centre (BLTC).



**HOLT session in progress**

**DR KL FERNANDO FRCS**  
**COORDINATOR—HOLT**

## Annual scientific sessions 2010

Annual academic sessions of the college was held from 11-14 August 2010 at the Cinnamon Lakeside Hotel with the participation of well attended local and foreign delegates. This was a joint scientific session between the college of surgeons of Sri Lanka and the International Surgical Society (ISS). The president of ISS Professor Kenneth Boffard was the chief guest who delivered informative and stimulating presentations on trauma. Honorary fellowships were awarded to distinguished surgeons from Sri Lanka and abroad. Over 60 scientific papers were presented by the local and foreign delegates. The annual academic sessions was preceded by 8 different workshops on variety of topics. The guests were invited to the Sri Lankan night at the BMICH and the traditional banquet.



**Chief guest Professor Kenneth Boffard**



## *Inauguration ceremony*



## *Sri Lankan night*

## MRCS Part III (Edinburgh) examination—September 2010

The Royal college of Surgeons of Edinburgh held the first ever MRCS examination at the faculty of Medicine, University of Kelaniya and the Teaching Hospital Ragama at the request of the College of Surgeons of Sri Lanka, from the 6th to 11th September 2010.

A seven member team from Edinburgh and a team of 6 examiners from Sri Lanka jointly conducted the examination. Fifty seven candidates, mostly from the Asian countries, and two from Sri Lanka sat the exam. Altogether eleven candidates passed both local candidates included, and one of them topped the list to crown a price.

The college of Surgeons of Sri Lanka will collaborate with the Royal college of Surgeons of Edinburgh in conducting future exams.

## Training the Trainers Workshop

Training the trainers workshop was held on the 14-15 September at the college premises. Professor Mohan De Silva coordinated the workshop on behalf of the college of Surgeons of Sri Lanka. Two eminent educationist Professor Christopher Bulstrode and Dr Victoria Hunt from the University of Oxford, UK conducted the two day training session. Over 32 senior surgical trainers participated in the workshop and all agreed that the workshop stimulated them to change training methods and tactics.



*Introduction by Prof Mohan de Silva*



*Workshop in progress*



*Small group discussion*



Introduction by Prof Mohan de Silva



Workshop in progress



## National Trauma Management Course 11th & 12th of November 2010

Ideal for

- ☛ Surgeons, anaesthesiologist and medical officers dealing with injuries and intensive care
- ☛ Anaesthesiology Trainees
- ☛ Pre Interns

Compulsory for surgical Trainees Faculty

Dr Ranjith Ellawala  
 Dr Jagathi Perera  
 Dr Lalantha Ranasinghe  
 Dr Kirthi Abayajeewa

Dr Narendra Pinto  
 Dr Aloka Pathirana  
 Dr Mahanama Gunasekera  
 Dr P Udapamunuwa

Course fee:

- Medical officers- Rs 4000.00
- Consultants - Rs 6000.00

Time: 8.30 a.m.

Venue: The College of Surgeons of Sri Lanka

Closing Date for Registration: 5<sup>th</sup> of November 2010 Limited to 35 participants

For further details

Contact - The College of Surgeons of Sri Lanka, Tel-011 2682290

Web: [www.lankasurgeons.org](http://www.lankasurgeons.org)

## New Members

Dr. B.K Shantha

Dr. M.U. Dias

Dr. DCP Fernando

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